



Respite Program

Woodview provides respite services for families, allowing them to “recharge and reflect.” Respite provides opportunities for families to better address life challenges and helps them maintain a healthy home environment. Respite services can be offered during the daytime, afterschool, evenings and/or weekends. Respite may be offered in a variety of settings such as recreation-based, community, agency and/or family home setting. Respite may be offered on a planned or crisis basis.

1. Respite services are family-centered, strengths based, flexible and unique to individual and family needs
2. Respite services provide structured activities which meet the participant’s needs and goals.
3. There is a written plan/service agreement that provides an outline of the nature, duration and frequency of the respite service. The plan is reviewed with the family during the service period and modifications are made as required.
4. When participants are involved in respite, they may also be involved in other community services. Respite services can be coordinated with other components of the participant’s treatment plan.

Benefits specific to respite:

- Respite opportunities allow short term relief for children, youth and caregivers so they are able to recharge and reflect.
- Offers time-limited services that are focused on skill development such as improving self-confidence, gaining independence, increasing coping strategies, making new friends and improving social skills.
- Support timely, effective early intervention and reduce the need for more intensive and intrusive intervention.
- Your child or youth may identify a sense of belonging in a social setting.

Considerations specific to respite:

- Due to the nature of this program, there are risks to your privacy when communicating with your Respite worker in the community.
- Your child or youth may see children with similar, or at times, more difficult behavior problems, which they may copy. Respite staff provide intervention to help minimize this.
- You or your child may feel that others may see your family differently because you have visited a children’s mental health care centre.

It is very important to Woodview that parents understand our services and that we work together towards achieving success of your son or daughter. Please feel free to discuss any issues or concerns you may have with your Respite Worker. We hope that Woodview provides a positive experience for you and your family.